

# Hydration for Your Heart



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**To beat the Summer Heat,  
you must keep your body hydrated.**



**Proper hydration is not only good for your brain,  
your mood,  
your body weight,  
but it's also essential for your  
Heart**



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**Your heart is constantly working,  
pumping about 2,000 gallons of blood a  
day.**

**By staying hydrated you are helping your  
heart do its job.**

**A Hydrated Heart is able to pump blood  
more easily, allowing the muscles in your  
body to work even better.**



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**Dehydration causes strain on the heart.**



**The amount of blood circulating decreases when you are dehydrated.**

**To compensate...  
the heart beats faster.**



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**With dehydration, your cardiac output decreases significantly.**

**Even though the heart rate is increased, the amount of blood that the heart can pump per beat is reduced because of overall low blood volume.**

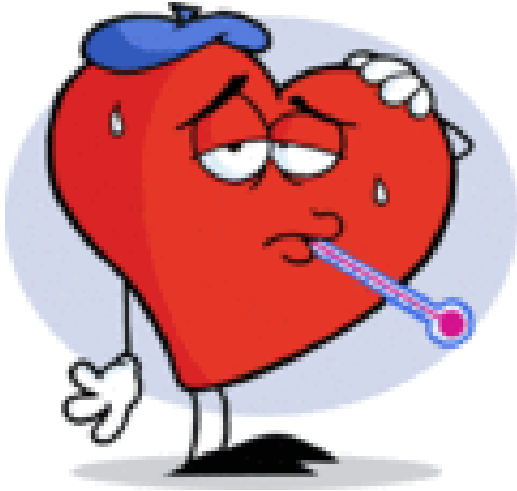
For example, during dehydration your heart rate may be 90 beats a minute, but your heart might be pumping only 40 milliliters per beat (cardiac output). The total cardiac output, indicates that your heart is much less efficient at providing blood to the rest of your body.



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# **Dehydration can lead to other serious complications, including:**



- **Heat injury**
- **Seizures**
- **Low blood volume shock (hypovolemic shock)**
- **Kidney failure.**



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**The best way to beat dehydration is to drink before you get thirsty.**

**If you wait until after you're thirsty, you're already dehydrated.**

**Signs of dehydration include:**

**Flushed Skin**

**Fatigue**

**Light-Headedness**

**Dark-colored urine**

**Loss of appetite**

**Heat intolerance**

**Dry cough**



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## **5 Ways to Stay Hydrated:**

**Hydrate before exercise**

**Chow down on water-filled foods**

**Always carry a water bottle with you**

**Drink water before meals**

**Keep track of daily water intake**



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# **5 More Reasons to Drink Water:**



**Maintains the balance of Body Fluids**

**Control Calories**

**Energizes Muscles**

**Keeps your skin healthy**

**Helps your Kidneys**

**Now Go Grab a glass of Water and Enjoy!!!**



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